

— Dosha Questionnaire —

Physical Assessment

	✓ Vata	✓ Pitta	✓ Kapha
Face Shape	oval, long and skinny	angular, square	round
Facial Energy	delicate, subtle	passionate, intense	soft, sweet
Eyes	small, darting	medium, deep-set, piercing	large, gentle, moist
Nose (size)	small; has a bump or hook	medium, straight	wide, flaring nostrils
Nose (bridge)	narrow	medium	wide
Lips	both thin; one thin, one thick	medium	full
Teeth	crooked, irregular, gray	medium, yellow	big, white
Neck	long	medium	short
Hair	black, dry, kinky or frizzy, sparse	blonde, red, or medium brown; fine, straight; early balding or gray; oily	full, luxurious; wavy; medium brown
Skin (thickness)	thin	medium	thick
Skin (condition)	dry, rough, wrinkles	slightly oily; moles and/or freckles	soft, moist, smooth
Skin (complexion)	lacks luster	ruddy, rosy	pale
Physique	slight, irregular, long and lean	moderate	stocky, solid
Speech Patterns	enthusiastic, rambling	concise, clear	thoughtful, deliberate
	Total Vata	Total Pitta	Total Kapha

Signs of Imbalance

	✓ Vata	✓ Pitta	✓ Kapha
emotions	feeling worry, fear, and/or anxiety	feeling anger, being critical or judgemental	feeling sadness, depression
digestion	burping or farting	smelly gas	feeling heavy or sleepy after eating
elimination	dry, hard stools	having great urgency to eliminate	mucous in stools
elimination	skipping a bowel movement for 1+ days	having loose, watery stools	long, slow stools
skin	dry skin	very oily skin or hair	thick skin
tissue	experiencing pain	inflammation, skin redness	swelling or edema
	Total Vata	Total Pitta	Total Kapha



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